

## Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, May 2005<sup>1</sup>

AGE-GENDER GROUPS	WEEKLY COST <sup>2</sup>				MONTHLY COST <sup>2</sup>			
	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan	Thrifty plan	Low-cost plan	Moderate-cost plan	Liberal plan
<b>INDIVIDUALS<sup>3</sup></b>								
<b>CHILD:</b>								
1 year	17.90	22.40	26.30	31.50	77.40	97.20	114.00	136.50
2 years	17.80	22.20	26.50	31.90	77.30	96.10	114.80	138.30
3-5 years	19.80	24.50	30.30	36.30	85.60	106.00	131.10	157.20
6-8 years	24.80	32.90	40.50	47.30	107.40	142.50	175.70	205.10
9-11 years	29.00	37.00	47.50	55.10	125.70	160.30	205.80	238.70
<b>MALE:</b>								
12-14 years	30.30	41.80	51.90	61.10	131.30	181.20	225.00	264.60
15-19 years	31.30	43.20	54.10	62.80	135.80	187.00	234.40	272.20
20-50 years	33.40	43.20	54.00	65.90	144.90	187.10	233.90	285.40
51 years and over	30.60	41.20	50.80	61.10	132.40	178.50	220.30	264.70
<b>FEMALE:</b>								
12-19 years	30.30	36.20	44.10	53.10	131.20	157.00	191.00	230.00
20-50 years	30.30	37.70	46.10	59.40	131.30	163.20	199.80	257.50
51 years and over	29.90	36.60	45.70	54.90	129.40	158.70	198.00	237.70
<b>FAMILIES:</b>								
<b>FAMILY OF 2<sup>4</sup>:</b>								
20-50 years	70.10	88.90	110.10	137.80	303.80	385.30	477.10	597.20
51 years and over	66.50	85.60	106.20	127.50	288.00	370.90	460.10	552.60
<b>FAMILY OF 4:</b>								
Couple, 20-50 years and children—								
2 and 3-5 years	101.30	127.50	156.90	193.50	439.10	552.40	679.70	838.50
6-8 and 9-11 years	117.50	150.70	188.10	227.70	509.30	653.20	815.10	986.70

<sup>1</sup>Basis is that all meals and snacks are purchased at stores and prepared at home. For specific foods and quantities of foods in the Thrifty Food Plan, see *Family Economics and Nutrition Review*, Vol. 13, No.1 (2001), pp. 50-64; for specific foods and quantities of foods in the Low-Cost, Moderate-Cost, and Liberal Plans, see *The Low-Cost, Moderate-Cost, and Liberal Food Plans, 2003 Administrative Report (2003)*. All four Food Plans are based on 1989-91 data and are updated to current dollars using the Consumer Price Index for specific food items.

<sup>2</sup>All costs are rounded to nearest 10 cents.

<sup>3</sup>The costs given are for individuals in 4-person families. For individuals in other size families, the following adjustments are suggested: 1-person—add 20 percent; 2-person—add 10 percent; 3-person—add 5 percent; 4-person—no adjustment; 5- or 6-person—subtract 5 percent; 7- (or more) person—subtract 10 percent. To calculate overall household food costs, (1) adjust food costs for each person in household and then (2) sum these adjusted food costs.

<sup>4</sup>Ten percent added for family size adjustment.